



RIVERHOUSE

FREE YOUR SOUL SENSORY ART RETREAT

10:30 - ARRIVE & LAND

Soft welcome, herbal tea, time to just arrive in your own energy. Smoothies & gut-loving muffins on arrival.

10:45 - SOMATIC FLOW & GONG

Start slow and set your intentions for the day with a gentle, mindful practice, and sound bath session with Sama Trinder.

11:30 - MEDITATIVE DOODLE & ART JOURNALING

Gently drop into your body and let your hands meet the page - no rules, just expression. Access your creativity and let your inner world come to life on paper - guided by Lou Hamilton.

13:00 - MAKE-YOUR-OWN SUPERFOOD BALL

Play with food. Get your hands messy. Nourish yourself. A hands on session with Head Chef Vanessa Marx.

14:00 - EAT THE RAINBOW LUNCH

A vibrant, delicious meal made with love by Vanessa. Think colour, soul, plants and joy.

15:00 - BOILER SUIT STUDIO

Throw on a paint-friendly suit and let your creative wild child loose with Lou.

16:00 - BAREFOOT ECSTATIC PAINT-DANCE

Dance like no one's watching. Paint like you're five years old again. Make something beautiful — not for anyone else, just because it feels good. Guided by Lou & Sama

17:00 - CLOSING CIRCLE

A moment to land, reflect, and take a piece of this energy back with you.

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